

BABYCAL NUTRITION TIPS FOR PREGNANT/BREASTFEEDING WOMEN

A healthy, well-balanced diet is necessary for an unborn baby's growth and development. And after the baby is born, when you are breastfeeding, a good diet is important too. Take care of yourself and make this a happy, healthy time.

What is a well-balanced diet?

The best way to make sure you are eating a well-balanced diet is to eat a variety of healthy foods and drink a lot of fluids, like water, juice and milk. Eat foods from these main food groups:

- **Breads/Grains/Cereals**

Eat six to eleven servings daily.

Whole grain products are best:

Bread, tortilla, cold or hot cereal, biscuits, crackers, rolls, muffins, pancakes, noodles, spaghetti or rice

- **Fruits**

Eat two to four servings daily.

Fresh, canned, frozen or fruit juice

Good Sources of Vitamin A: Cantaloupe, mango, papaya, apricots, tomato

Good Sources of Vitamin C:

Orange, grapefruit, or juice with added or natural vitamin C

Other: Raisins, grapes, watermelon, apple, banana, nectarine

- **Vegetables**

Eat three to five servings daily.

Fresh, canned or frozen

Good Sources of Vitamin A: (at least once a day) Sweet potato, chili peppers, carrots, greens, spinach, winter squash

Good Sources of Vitamin C: Broccoli, cauliflower, cabbage, brussels sprouts, chili peppers, green pepper

Other: Asparagus, green beans, potato, peas, corn, lettuce, yellowneck squash, zucchini

- **Milk Products**

Eat three to four servings daily (four for teens).

Low-fat products are recommended

Milk, yogurt, pudding, custard, cheese, cottage cheese, frozen yogurt, ice cream

Try acidophilus milk, cheese and yogurt if you are lactose intolerant (gas, cramps, and/or diarrhea when you eat milk products)

- **Protein Foods**

Eat three servings daily

Vegetable Protein: Cooked dry beans or peas, peanut butter, nuts, seeds, tofu

Animal Protein: Cooked beef, chicken, turkey, fish, pork, lamb, eggs, canned tuna or other canned fish



- **Fats/Oils/Sweets**

Eat these foods in tiny amounts.

Special needs during pregnancy *(Talk to your doctor, nurse or midwife before changing your diet.):

Calorie needs*

- The pregnant woman needs an extra 300 calories per day only during the final six months of her pregnancy.
- To make up the extra calories, eat healthy snacks (i.e., sandwich, fruit or yogurt) between meals. An example would be one extra sandwich or a piece of fruit and an 8 oz container of lowfat yogurt a day.

Protein

- A pregnant woman needs one extra serving of protein every day for her baby to grow properly.

Folic Acid

- Getting enough folic acid is very important throughout pregnancy. It helps your baby's cells grow and divide the right way during the first 12 weeks of pregnancy. Folic acid is a B vitamin. Folic Acid in its natural form is called folate. You need to either take a vitamin pill with folic acid or eat a cereal with 400 micrograms of folic acid daily to be sure you have enough folic acid. You also need to eat foods with folate such as lentils, beans, dark green leafy vegetables, citrus fruit, or juices.

Calcium

- Getting plenty of calcium during pregnancy is important for fetal bone and tooth development. Good sources of calcium besides dairy products include juices with added calcium, canned salmon and sardines, tofu and greens.

Vitamin A

- When taken in large amounts, vitamin A may be linked to birth defects. The Department of Health Services advises expectant mothers **not to eat liver or liver products**, which have high amounts of iron and vitamin A. The vitamin A in vegetables and fruits is not a problem.

Iron

- It is important to get enough iron while you are pregnant and after your baby is born, to prevent anemia. Eat high iron foods like meats, chicken, fish, cooked dry beans, cereals with added iron. Eat vitamin C foods with your iron foods to help with absorption. While you are pregnant, take your prenatal vitamins.

****Breastfeeding women need an extra 500 calories a day. For example, this is an extra peanut butter and jelly sandwich with an 8 oz glass of milk a day.***

Sources

1. The Department of Health's 1991 COMA Report from the Committee on Medical Aspects of Food Policy.
2. Women, Infants and Children Program
3. Comprehensive Perinatal Service Provider Program — Daily Food Guide for Pregnant/Breastfeeding Women (All Ages)

